



# GF&RD

the Gilbert Fire and Rescue Department

## VOLUNTEERS

Volume 7, Issue 8

November 2014

### Kim's Corner

By Kim Yonda  
Gilbert Fire & Rescue  
Volunteer Coordinator

**W**atch what happens when Gilbert Fire Volunteers are involved ~ It's Great, Magnificent and Spectacular! It has been a busy couple of months in the program and there is no slowing down for the rest of the year!

Everyday Heroes on Saturday, November 8, will be a very powerful and inspirational Volunteer opportunity. Thank you's go to everyone who has been investing their time and energy into this event. It will be an event those participating will always remember.

Our Silent Auction is just days away. We hope to see you on Thursday, November 13, at Fire Administration. Come between 10:00am, and 7:00pm, and place a bid on some fabulous prizes!

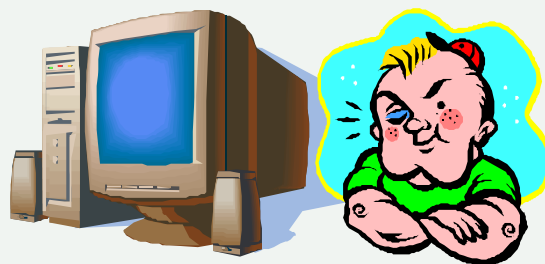
A million thanks to those who participated in this year's annual Butter Braid Fundraiser! Much appreciation to all who sold and all who purchased a delicious Butter Braid pastry. Your purchase helps support the needs of our Volunteer Program.

A grand time was had by all in attendance at our Fall Social at Harvey American Public House. The White Elephant Gift Exchange continues to provide us with numerous laughs! Our Volunteers are so very creative and were prepared with unique gifts to exchange. Be sure to check out the photos from the event in this month's edition of Volunteers.

Are you or a friend looking to get involved with our Community Emergency Response Team (CERT)? We are currently accepting registrations for our February CERT Class #31.

Thank you for sharing the true spirit of Volunteerism with others.





# WHAT IS CYBER-BULLYiNG?

By Diane Howard, GF&R Volunteer

**C**yber-bullying is bullying someone by using computers, cell phones, or other electronic devices to send abusive or threatening messages, spread rumors, or post embarrassing images. Research shows 43% of teens have reported being cyber-bullied.

Bullying and cyber-bullying have become life threatening issues. Victims may suffer from severe emotional distress and sometimes want to harm themselves or others. Some of the other symptoms of being bullied are failing grades, unexplained anxiety, anger, sadness or fear. Lack of interest in friends, school, or other activities are also symptoms. Perhaps your child, or a child of someone you know has trouble sleeping. Try to help your friends by educating them about cyber-bullying. If you suspect your child feels depressed, angry, or isolated due to bullying, or even has thoughts of suicide or violence, seek counseling for your child right away.

What you can do is monitor their online activity. Help them use privacy settings on social networking sites. Learn how to use their cell phones, and get access to all their email and online accounts. You will thank yourself for this because you will be helping your children. Search for their names online, and read any postings about them.

If you suspect cyber-bullying, have your children save all communications from the bully, but block further messages from him. Change their contact information if necessary. Make sure they don't respond to the bully. Report the bullying to the cell phone or internet provider, your child's school, and/or the police if you feel your child is in danger.

Children with self-confidence are less likely to be bullied. Talk to your children and praise them often to raise self-esteem. Also encourage positive friendships, community involvement, and quality family time spent away from the computer.

## HELP STOP CYBER-BULLYiNG

# Welcome

**GF&R Volunteers**

Jacob Boettcher

Adam LaMaide

# Cook & Ladder

## Slow Cooker Beef Stroganoff



- 2 lbs beef stew meat
- 1 cup chopped onion
- 1 can each condensed cream of onion, and golden mushroom soups (10  $\frac{3}{4}$  ounces)
- 1 6 ounce jar sliced mushrooms, drained
- $\frac{1}{4}$  tsp black pepper
- 1 8 ounce package cream cheese, cubed
- 1 8 ounce container sour cream
- 6 cups hot cooked noodles

Mix beef, onion, soups, mushrooms, and pepper in a slow cooker. Cover and cook on low for about 9 hours, or until the meat is nice and tender. Then, stir the cream cheese into the mixture until it is melted and add the sour cream. Serve it over the noodles.

Photo: <http://www.flickr.com/photos/jgodsey/3114731942/>

## CONGRATULATIONS!

Congratulations to Captain, now Chief Bob Badgett on his new promotion to Battalion Chief. He officially assumed his new rank on October 27, 2014.

### A Little Laugh

**The little boy** on the bus was crying, and the man next to him remarked that he was spoiled. "No," answered the little boy's dad, "They all smell like this."

### And For The Small Fry

**Q.** What do you get when you cross a centipede with a turkey?

**A.** Drumsticks for everybody!



Katherine Keller and her grandson, Hudson, at the Turtle Creek Township fire station near Lebanon, Ohio. It is a suburb of Cincinnati, and has lots of equipment, including a patch for Katherine!



Thank you for lending a hand last month filling sandbags. Pictured: Larry MacDonald, Kelsie Knox, Diane Nielsen and Jeremy Berini.



## ***Turboflares***

### **The Community Assistance**

Suburban is equipped with many specialized features for added visual safety in the field. Among these are four rugged, hard plastic devices known as Turboflares. They emit a rotating bright orange light when turned on. Turboflares, powered by conventional alkaline batteries and lit by LED bulbs, have several potential advantages over traditional flares. For instance, Turboflares cannot ignite flammable liquids, such as those commonly present at motor vehicle accidents, like typical incendiary flares can. Turboflares also have the advantage of being easily relocated if the incident perimeter becomes reduced or expanded. A unique function of Turboflares is their ability to be placed underneath traffic cones. This has the affect of illuminating the cones, thus providing increased night time visibility. When used in conjunction with reflective traffic vests, emergency vehicle lighting, and traffic cones, Turboflares allow Community Assistance Volunteers to help make the scene of an incident safer for first responders, patients, and bystanders.



**G**ilbert Fire and Rescue unveiled its new mobile app, developed through the SPARK App League, at the Gilbert Farmers Market on Saturday, October 25.

Just in time for Fire Prevention Month, this new app provides safety advice at your fingertips, as well as other helpful community resources. These include:

- Fire Safety Advice
- Fire-Worthy Recipes
- Fire Station Locations
- And More!

*Presented by Spark App League  
sparkappleague.com*



**Please don't forget** that this newsletter, Volunteers, is always looking for apps, jokes, other fire station photos and stories, and of course, fire station appropriate recepies. The submissions go to Kim Yonda at [kim.yonda-lead@gilbertaz.gov](mailto:kim.yonda-lead@gilbertaz.gov)

See you in Volunteers!



# Fall Social



# Health Condition Awareness

## Diabetes Emergencies

By Judy Slack  
GF&R Volunteer

**During our recent Training Blitz**, I attended the Diabetes Emergencies class taught by Suzanne Legleiter. Suzanne is a very knowledgeable instructor. There wasn't a single question asked that she couldn't answer. Diabetes education is her passion.

Because of our interactions with the public, I asked for recognizable signs that someone might be having a challenge related to diabetes, and how we could help them.

She offered several signs of low blood sugar:

- Having impaired vision
- Being "cranky" or combative
- Sweating profusely
- Complaining of dizziness
- Being confused
- Having a fast heart rate or shaky hands
- Complaining of a headache, weakness, or fatigue

Suzanne advised that since some people hesitate to admit that they have medical challenges, in our positions as Volunteers it's wise to ask when the person last ate. If they don't remember, or they admit they've missed a meal, here are some suggestions to recommend to the person to help them feel better:

- Drink juice (at least ½ cup)
- Have a soft drink (not diet)
- Take a tablespoon of honey, syrup, or sugar
- Eat seven Lifesaver candies (again, not the sugar-free type)

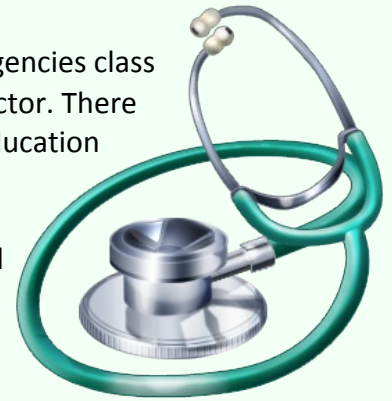
Once the person has ingested something, plan to stay with them, or ensure that someone will be with them, for at least the next 20 minutes, during which time their symptoms should begin to subside.

Suzanne also recommended that those with diabetes should be encouraged to have a bedtime snack to help prevent the occurrence of low blood sugar in the morning. Her best recommendation is peanut butter and crackers.

As a side note, some medicines for high blood pressure are known to increase blood sugar levels in the body. It's wise to ask your doctor about that even if you are not diabetic. Suzanne recommends the following website for information on how to eat wisely—for everyone—but especially for those with diabetes:

<http://www.choosemyplate.gov>.

Suzanne ended the class with the following statement: "Information is useless unless you are taking action."



# Emergency Preparedness Crossword Puzzle

Submitted By Johnna Switzer

GF&R Volunteer

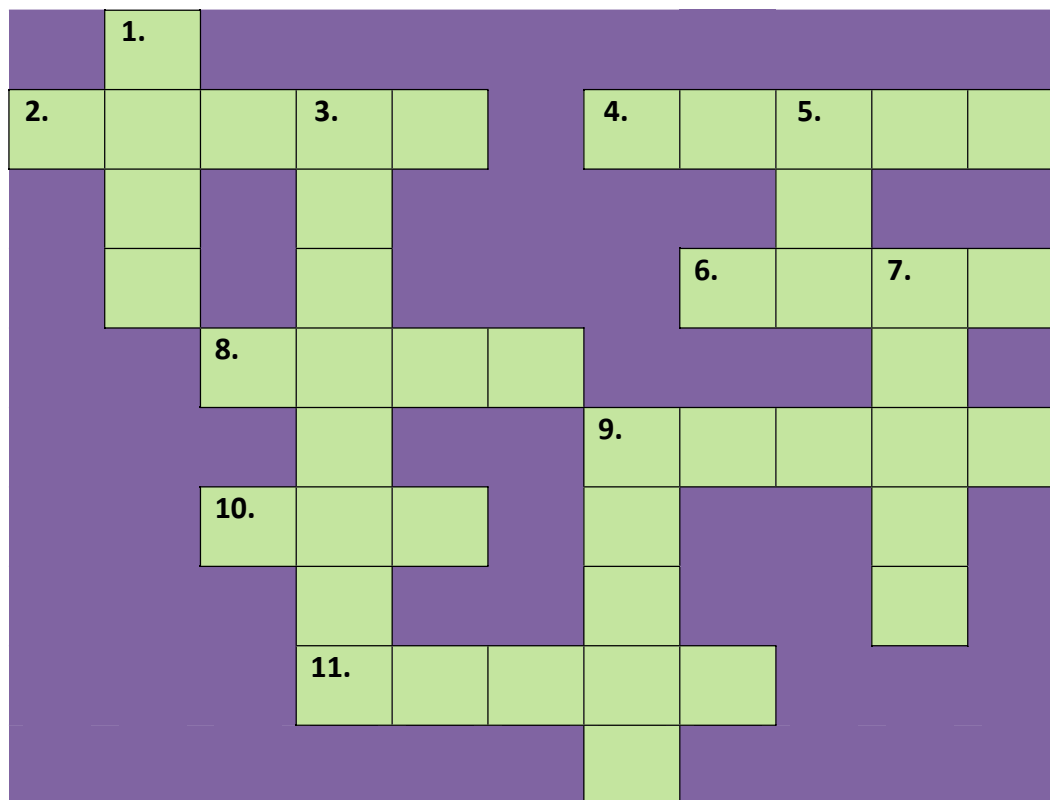
To prepare for emergencies, families should collect items that might be useful and put them in an emergency supply kit. They should also write an emergency plan for their family. Complete the puzzle now so you're not puzzled in an emergency!

## ACROSS

2. \_\_\_\_\_ light: A handy tool to have if the lights go out
4. In a disaster, every person needs one gallon of this per day
6. This comfortable piece of furniture should not be part of a family's supply kit
8. Furry family members that should be a part of your preparedness plan
10. You might find water, a flashlight, or a whistle in an emergency supply \_\_\_\_
11. Fun items to help families stay busy during an emergency

## DOWN

1. Families can create a communication \_\_\_\_\_ so that they know where to meet and who to call during an emergency.
3. \_\_\_\_\_ bag: Great for napping or keeping warm
5. Every family member should carry a contact list with at least \_\_\_\_ different phone numbers that will allow them to keep in touch during an emergency.
7. It's important to get the \_\_\_\_\_ about different kinds of emergencies so you know what to expect.
9. Keep an extra pair of these in your supply kit to keep your feet dry



Answer Key: 1. Plan; 2. Flash; 3. Sleeping; 4. Water; 5. Two; 6. Sofa; 7. Facts; 8. Pets; 9. Snack; 10. Kit; 11. Games



<http://cityoflouisville.com>



# COMING UP

## NOVEMBER

|                                |                    |                      |                |
|--------------------------------|--------------------|----------------------|----------------|
| 1 Silent Auction               | 10:00 AM - 7:00 PM | 85 E Civic Center Dr | Open To Public |
| 4 Bloodborne Pathogens         | 5:30 - 9:30 PM     | Room 1               | CERT / FC      |
| 8 Everyday Heroes              | 11:00 AM - 2:00 PM |                      |                |
| 10 Train The Trainer First Aid | 5:30 - 7:30 PM     | Room 1               | CERT / FC      |
| 11 CPR                         | 6:00 - 8:30 PM     | Room 6               | CERT / FC      |
| 13 ButterBraid Pick Up         | 4:30 PM            | Fire Administration  |                |
| 17 First Aid                   | 6:00 - 8:30 PM     | Room 6               | CERT / FC      |

Fire Administration Will Be Closed  
November 27  
HAPPY THANKSGIVING



## DECEMBER

Fire Administration Will Be Closed  
December 25

△ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or [kim.yonda-lead@gilbertaz.gov](mailto:kim.yonda-lead@gilbertaz.gov)